

The first two or three months of the 2012-13 school year could rank as the most challenging time for the NSLP since its inception more than 60 years ago due to new meal regulations from USDA set down as a result of the healthy, Hunger-Free Kids Act of 2010 .

Several districts have seen students boycott cafeterias, ironically because students believe they aren't getting enough food at lunch. In Sharon Springs Kansas high school students created a video parody of the song "We are young" by Fun called We are Hungry which has gotten more than 1 million hits on YouTube. In Kansas we have also had a boycott in Abilene and also one in the Renwick school district.

Child Nutrition Programs

- National School Lunch Program
- School Breakfast Program
- Special Milk Program
- After School Care Snack Program
- Fresh Fruit & Vegetable Program
- Summer Food Service Program
- Child and Adult Care Food Program
- At-Risk After School Snack & Supper Program



School Nutrition Stats SY 2012-13

- 424 school district, private school & residential sponsors
- 1562 participating schools
- 325,000 lunches served daily
- 54.3 million lunches served annually
- 108,000 breakfasts served daily
- 17.3 million breakfasts served annually
- 963,957 summer meals in FY2012
- \$177,841,512 in state and federal reimbursement




Add training numbers for last year including # trained in the new meal pattern and the number of technical assistance visits for menu planning so far this school year and board of education presentations. Also talk about information to County Health Departments, Extension, Kansas Health Foundation Healthy Community Initiative Conference, Beef Council, Livestock Association, Farm Bureau, etc. Give reimbursement information as well.



We are all here today because of the Healthy Hunger Free Kids Act (HHFKA) of 2010 or Child Nutrition Reauthorization. This is a very exciting time for school food service! The HHFKA raises meal standards for the first time in more than fifteen years and aims to improve the health and nutrition of nearly 32 million kids that participate in school meal programs every school day.

These healthier meal requirements are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her Let's Move! campaign and signed into law by President Obama.

The Richard B. Russell National School Lunch Act (NSLA) in Section 9(a)(4), 42 USC 1758(a)(4), requires that school meals reflect the latest "Dietary Guidelines for Americans" (Dietary Guidelines). In addition, section 201 of the Healthy, Hunger-Free Kids Act of 2010 (Pub. L. 111-296, HHFKA) amended Section 4(b) of the NSLA, 42 USC 1753(b), to require the Department of Agriculture (USDA) to issue regulations to update the meal patterns and nutrition standards for school lunches and breakfasts based on the recommendations issued by the Food and Nutrition Board of the National Research Council of the National Academies of Science, part of the Institute of Medicine (IOM).

Dietary Guidelines & The School Nutrition Program	
<ul style="list-style-type: none"> ■ Nutrition Standards are the foundation of federal school nutrition programs and have recently been updated to reflect the current <i>Dietary Guidelines for Americans</i>. ■ The standards were established by studying nutritional needs of groups of children at different ages. ■ Nutrient standards consist of the required food components, levels of calories, and key nutrients. 	

Nutrition standards are the foundation of federal school nutrition programs and have recently been updated to reflect the current *Dietary Guidelines for Americans*. The standards were established for menu planning by studying the nutritional needs of groups of children at different ages. Nutrition standards consist of the required food components, levels of calories, and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch over the course of one week.


Nutrition standards reflected in the new meal pattern require School Food Authorities (SFAs) to:

- Increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in school meals;
- reduce the levels of sodium, saturated fat, and trans fat in meals; and
- meet the nutrition needs of school children within their calorie requirements.

This lesson will focus on HHFKA Food-Based Menu Planning (FBMP) which is required for the National School Lunch Program (NSLP). Additional lessons for phased in requirements for the School Breakfast Program as well as recognizing a reimbursable meal in the School Breakfast Program (SBP) and the NSLP will be added at a later date. SFAs must request permission from their State agency to implement HHFKA Food Based Menu Planning in the School Breakfast Program for SY2012-13..

Review Dietary Guidelines and the School Nutrition Program handout in the Menu Planning Handbook with the participants.

SY 2013-14!!	
<p>Breakfast - New!</p> <ul style="list-style-type: none"> ▪ Half of weekly grains must be whole grain-rich ▪ Offer minimum daily and weekly grain requirements ▪ Calorie ranges ▪ Zero grams of trans fat per portion ▪ A single Food-Based Menu Planning approach ▪ Establish age/grade groups: K-5, 6-8 and 9-12 	<p>Lunch</p> <ul style="list-style-type: none"> ▪ Continue with SY 12-13 Implementation ▪ Food Based Menu Planning (FBMP) approach ▪ Three age/grade groups: K-5, 6-8 & 9-12 ▪ Separation of fruit and vegetables into two groups <ul style="list-style-type: none"> - Daily and weekly requirements - 5 vegetable sub-groups ▪ Half of grains offered must be whole grain rich (WGR) ▪ Daily and weekly minimum grain and meat/meat alternate requirement ▪ Dietary specifications for calories, saturated fat and trans fat ▪ Reimbursable meals must contain a fruit or vegetable



Today we will only be covering menu planning and production records for the National School Lunch and School Breakfast Programs.

For school year 13-14 we see the first changes in the nutrition standards for breakfast... *Read left section of slide.*

For school year 13-14 schools will continue to implement the meal pattern changes from SY 12-13. There are no changes to lunch for SY 13-14. The next changes for lunch will be in SY 14-15 with the implementation of the first sodium target.

Each requirement will be covered in detail in the class.


Refer participants to the Final Rule: Standards in the National School Lunch and School Breakfast Programs and Implementation Timeline Handouts in the Handouts & Activities Booklet.

Lunch Meal Pattern SY 12-13			
	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (.5)	2.5 (.5)	5 (1)
Vegetables (cups)	3.75 (.75)	3.75 (.75)	5 (1)
Dark green	.5	.5	.5
Red/Orange	.75	.75	1.25
Beans/Peas (Legumes)	0.5	.5	.5
Starchy	.5	.5	.5
Other	.5	.5	.75
Additional Vegetables needed to meet weekly requirement	1	1	1.5
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 1230	≤ 1360	≤ 1420
SY 14-15 target			
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

Many of you probably remember a similar chart from our Spring Leadership Connections Meeting so most of you are probably familiar with this chart! This chart shows the new meal pattern requirements for SY 12-13- with the exception of sodium. The sodium targets listed on this chart are not effective until SY 14-15. But it is important to start working on lowering sodium in your menus now. We will talk more about sodium later in class.

It is important to always keep in mind the daily and weekly meal pattern requirements when planning menus and completing the required paperwork to document that meals meet the meal pattern requirements and to support the claim for reimbursement. This chart is located in the Menu Planning Handbook. *Verbally review the chart with participants.*

Trainer Note: You may want to point out that the “additional” vegetable category is not actually a weekly requirement. This category may be used to categorize mixed vegetables/vegetable blends that do not fit within one of the five vegetable subgroups. Explain to the participants that if they added up the weekly subgroup requirements for each age/grade group that menus would need to include an additional amount of vegetables from any of the five subgroups to meet the required weekly total for vegetables.

Breakfast SY 2013-14			
			
	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits/Vegetables/juice (cups)	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)
Grains (oz eq)	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	No Requirement	No Requirement	No Requirement
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	First sodium target not until SY 2014-15		
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

The breakfast nutrition standards for SY 2013-14 are: *Read slide.*

A copy of the nutrition standards for breakfast is located in the Handouts and Activities Booklet.

Flexibilities SY 2013-14

- Temporary suspension of the weekly maximums for grains in SY 2013-2014
- This flexibility allows more time for the development and identification of products that fit with the new meal pattern
- The maximums should still be used as a guide to help ensure that the calorie ranges are met for each grade group.

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week (Minimum Per Day)			
Grains (oz. eq)	7-10 (1)	8-10 (1)	9-10 (1)
Other Specifications: Using maximums listed in the table above as a guide			
Min-Max calories (per)	350-500	400-550	450-600

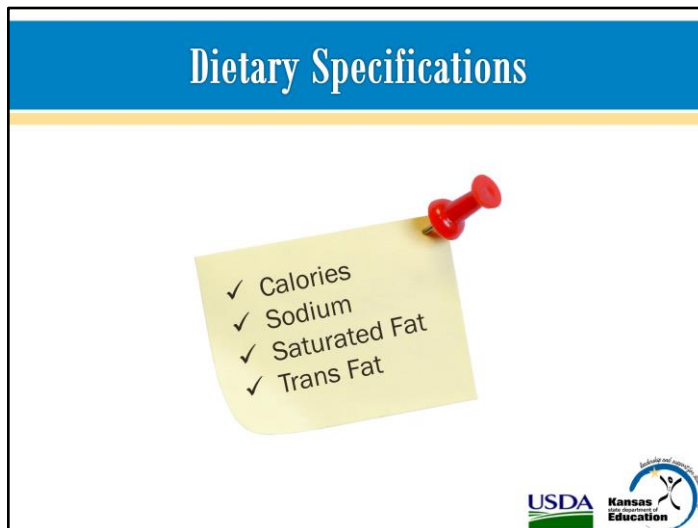


USDA has temporarily suspended of the weekly maximums for grains in SY 13-14 to allow more time for the development and identification of products that fit with the new meal pattern. We also anticipate that as time progresses, schools will be better able to find suitable food products and develop menus that meet the meal patterns. Schools should use the maximum weekly oz eq of grains to help ensure that their breakfast menus meet the dietary specifications for calories.

Breakfast SY 2013-14 Overlap			
	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruits/Vegetables/juice (cups)	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)
Grains (oz eq)	7 (1)	8 (1)	9 (1)
Must meet minimum grain requirement for oldest grade group: (9) 1			
Meats/Meat Alternates (oz eq)	No Requirement	No Requirement	No Requirement
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	350-500	400-550	450-600
Calorie Overlap: 450-500			
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	First sodium target not until SY 2014-15		
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

If schools want to use a single menu for all grade groups, they would need to serve the following:

- Minimum of ½ cup fruit/vegetable must be offered each day
- Minimum of 1 ounce equivalent of grains must be offered each day
- At least 9 ounce equivalents of grains must be offered over the course of the week
- 1 cup of fluid milk offered each day
- Calorie overlap is an average of 450-500 calories for the week.



Now that you know about meal pattern requirements, it is time to learn about the USDA's dietary specifications for calories, sodium, saturated fat and trans fat for school lunch menus.

Dietary Specifications			
Meal Pattern	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5
Orange	0.5	0.5	0.5
Legumes	0.5	0.5	0.5
Starchy	1	1	1
Other	1.25	1.25	2.5
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meal Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		



The dietary specifications are: *read slide - bottom of chart.*

Some of you may be wondering how to monitor the dietary specifications for your menus if you do not have menu analysis software. Well, the good news is that you are not required to analyze your menus for calories, saturated fat, sodium and trans fat, that will be our job at KSDE.

Every three years your menus will be analyzed to determine if your menus meet the dietary specifications. USDA's Food Based Menu Pattern requirements should result in meeting dietary specifications.

Remember the first sodium target is not until SY 14-15. However, you are encouraged to start working on lowering the sodium in your menus beginning in SY 12-13!

Calorie Ranges				
<ul style="list-style-type: none"> Minimum and maximum calorie (kcal) levels averaged over the course of the week Effective SY 2012-13 for NSLP 				
Grade Level	K-5		6-8	
Lunch Calorie Range	550-650	Overlap: 600-650	600-700	Overlap: None 750-850



Beginning SY 12-13 calorie ranges are to be met **ON AVERAGE** over the school week. The calorie ranges displayed here are based on evidence about children's intakes at meals and snacks.

The intent is not to reduce the amount of food but to avoid excessive calories. The meal patterns provide more fruits, vegetables and whole grains than current school meals and should result in nutrient-dense meals. The required maximum calorie levels are expected to drive menu planners to select nutrient dense foods and ingredients to prepare meals, and avoid products that are high in fats and added sugars.

What a **proper lunch** looks like



1,340 Calories



850 Calories

*Under new **science-based standards**, school lunches are "right-sized" and reflect a healthy balance between food groups. With more **fruits, vegetables, and whole grains**; only fat-free and low-fat milk; limits on unhealthy fats; less salt; and **appropriate calorie ranges**, school lunches support **students' health** and **academic achievement**.*

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o The new school meals offer more fruits and vegetables at lunch than the previous meal pattern, and the amount of fruits will double at breakfast beginning school year 2014/15. Whole grains are also increased substantially.

o In practice, many students are being served the same amounts of protein under the new standards. For some age groups, the old standards permitted more than adequate amounts of meat/meat alternate to meet the nutritional (protein and iron) needs of children and adolescents. The new standards ensure that the requirements for meat/meat alternates for each age group are in line with current nutrition science.

ü The new school meals are designed to meet only a portion of a child's nutritional needs over the course of the school day. This is not a change-school lunches have always met 1/3 of the Recommended Daily Requirements and school breakfasts have always met 1/4 of the RDAs.

Some say 850-calorie school lunches are starving our children.

Bet they wouldn't say the same about these fast food meals.



820 Calories

McDonalds Double Cheeseburger
with a Medium French Fry

820 Calories

Burger King Triple Stacker with a
Strawberry Sundae

850 Calories

Subway Roast Beef Footlong
with Sun Chips

Plus, school lunches are more wholesome and nutritious, with more fruits, vegetables, and whole grains; only fat-free and low-fat milk; limits on unhealthy fats; and less salt.

850 calories should be plenty for most high schoolers.

Saturated Fat

- Limit saturated fat
 - Less than 10 percent of total calories
 - Same as current regulatory standard
- No total fat standard anymore!

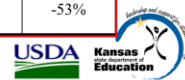


Saturated fat must be limited to less than 10% of calories- there was no change from the current regulatory standard. What menu items are high in saturated fat?

Saturated fats occur naturally in the food we eat. Animal sources of saturated fat include meat, cheese and dairy products. Plant sources include palm oil and coconut oil. Butter is also very high in saturated fat so you do not want to replace stick margarine with butter! You may eliminate trans-fats by doing so but then saturated fat may be high in your menus!

Notice, there is no longer a **total** fat standard.

Sodium Reduction Timeline					
Sodium Reduction in Final Rule for <u>Lunch</u> : Timeline & Amount					
Age/ Grade Group	Baseline: Current Average Sodium Levels As Offered (mg)	Target 1: Meet by July 1, 2014 (SY 2014- 15) (mg)	Target 2: SY 2017-18 (mg)	Final Target: SY 2022-23 (mg)	% Change (Current Levels vs. Final Targets)
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640	-54%
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710	-53%
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740	-53%





This chart is a summary of the required sodium reductions for lunch and explains some of the rationale for the sodium targets.

- Column 1 lists age/grade groups.
- Column 2 provides baseline sodium levels of school meals offered for each grade group. This is a national average baseline, gathered from SNDA-III data that was collected in the school year 2004-05. Individual schools may actually be much higher or lower than this national average.
- Column 3 shows Target 1 limits. This reflects sodium reductions that menu planners can achieve through menu changes and recipe modifications. This is the column we need to focus on for the next couple of years.
- Column 4 lists Target 2 limits. This is based on sodium reductions that can be feasibly achieved with product reformulations by food industry, using currently available technology.
- Column 5 lists Final Target limits. Meeting the Final Target will require new technology and/or food products and, therefore, USDA is allowing a 10-year period to meet the new requirement.
- The last column of the chart shows the percent change between the average current levels and the final target. Remember, these figures are based on a national average, and the adjustments individual schools will have to make to meet the intermediate and final targets will vary.

The first sodium target is effective for SY 14-15. Refer participants to targets in red circle.

Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
- Naturally-occurring trans fat excluded (e.g. beef, lamb, dairy products)
- Schools must keep Nutrition Facts Labels on file

Beginning in SY 2012-13 for lunch, schools will have to make sure that the nutrition label or manufacturer specifications for food products, or ingredients used to prepare meals, indicate zero grams of trans fat per serving. It will be important for menu planners to develop food procurement specifications and recipes to meet the trans fat specification.

Naturally occurring trans fat found in products such as beef, lamb and dairy products is excluded from the requirement.

I would like to point out that stick margarines do contain trans fats, so begin modification of recipes to eliminate trans fats. There are liquid margarine products on the market that do not contain trans fat but do contain saturated fat, so be cautious of such products. *Example: Phase by Ventura.*

Trainer Notes: *For commercially prepared products, schools must refer to the nutrition facts panel or manufacturer's specifications to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat (e.g., beef) and added/synthetic trans fat (partially hydrogenated oil), the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring versus if any of the ingredients contain added (synthetic) trans fat.*


Dietary Specifications for Breakfast			
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	350-500	400-550	450-600
Calorie Overlap: 450-500			
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg)	First sodium target not until SY 2014-15		
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		



We have covered the meal pattern requirements for breakfast so let's move on and discuss the breakfast dietary specifications.

Calories

- Calorie ranges must be met, on average, over the course of the week.
 - Calorie requirements & limits do not apply on a per-meal basis.
 - Provides flexibility for students with varying calorie needs
 - K-5 350-500
 - 6-8 400-550
 - 9-12 450-600



Read from slide.

Schools must plan breakfast menus that meet the calorie ranges, on average, over the course of the week. Calorie requirements and the calorie limits do not apply on a per-meal basis.

Sodium Reduction Timeline					
Sodium Reduction in Final Rule for <u>Breakfast</u> : Timeline & Amount					
Age/ Grade Group	<u>Baseline</u> Current Average Sodium Levels As Offered (mg)	Target 1: Meet by July 1, 2014 (SY 14-15) (mg)	Target 2: SY 17-18 (mg)	<u>Final Target:</u> SY 22-23 (mg)	% Change (Current Levels vs. Final Targets)
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430	-25%
6-8	629 (middle)	≤ 600	≤ 535	≤ 470	-25%
9-12	686 (high)	≤ 640	≤ 570	≤ 500	-27%





This chart is a summary of the required sodium reductions timeline at breakfast.

- Column 1 lists age/grade groups.
- Column 2 lists baseline sodium levels of school meals offered for each grade group. This is a national average baseline, gathered from SNDA-III data that was collected in the school year 2004-05. Individual schools may actually be much higher or lower than this national average.
- Column 3 lists Target 1 limits. This reflects sodium reductions that menu planners can achieve through menu changes and recipe modifications.
- Column 4 lists Target 2 limits. This is based on sodium reductions that can be feasibly achieved with product reformulations by food industry, using currently available technology.
- Column 5 lists Final Target limits. Meeting the Final Target will require new technology and/or food products and, therefore, we are allowing a 10-year period to meet the new requirement.
- The last column of the chart shows the percent change between the average current levels and the final target. Again, these figures are based on a national average, and the adjustments individual schools will have to make to meet the intermediate and final targets will vary.

Saturated Fat & Trans Fat

- Limit saturated fat
 - Less than 10 percent of total calories
 - Same as current regulatory standard
- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving (less than 0.5 gram per serving)
- Naturally-occurring trans fat excluded (e.g. beef, lamb, dairy products)

Saturated fat must be limited to less than 10% of calories- there was no change from the current regulatory standard. What menu items are high in saturated fat?

Saturated fats occur naturally in the food we eat. Animal sources of saturated fat include meat, cheese and dairy products. Plant sources include palm oil and coconut oil. Butter is also very high in saturated fat so you do not want to replace stick margarine with butter! You may eliminate trans-fats by doing so but then saturated fat may be high in your menus!

There is no longer a **total** fat standard.

Beginning in SY 13-14 for breakfast, schools will have to make sure that the nutrition label or manufacturer specifications for food products, or ingredients used to prepare meals, indicate zero grams of trans fat per serving. It will be important for menu planners to develop food procurement specifications and recipes to meet the trans fat specification.

Let's Talk "Offer" or "Serve"

Offer

- All 5 components must be offered.
- OVS is required for grades 9-12, optional for grades K-8.
- Must take at least 3 components and one must be at least a ½ cup fruit or vegetable serving.
 - May take ¼ cup fruit and ¼ cup vegetable.
- Monitors may not tell students which components to take (except must have ½ cup fruit or vegetable).
- Lunches are priced as a unit.
- All schools are encourage to implement OVS.

Serve

- Students must take all items on the menu and cannot decline any items.
- Students are not required to eat all the food items served.
- Only allowed for grades K-8.
- Higher food costs.
- More food wasted.
- Potential for greater student dissatisfaction.



Implementing “Offer” at Breakfast

- Phasing-in changes in the SBP
 - “Offer” is optional for all grade groups
 - SY 2013-2014:
 - must offer 3 components in a minimum of 4 items
 - Students must take at least 3 “items” for a reimbursable meal
 - SY 2014-15
 - Reimbursable meal must contain ½ cup fruit plus two other items
 - Continue to offer 3 components in a minimum of 4 items
 - Students must take at least 3 “items” for a reimbursable meal



We have covered the meal pattern requirements and dietary specifications for breakfast. Now let's discuss the changes regarding the implementation of offer vs. serve **or as we will call it: “offer”**. These changes are being phased in. The implementation of offer will remain optional at breakfast for all grade groups. Beginning in SY 2013-14 a single food-based menu planning approach must be implemented. In order to carry out the “offer” option in the SBP, schools must offer 3 food components (milk, fruits and grains) that consist of a minimum of 4 food items. **Regardless of the number of menu items offered, students must take at least 3 items for a reimbursable meal.**

Healthier Kansas Menus

- A great way to meet the new meal pattern requirements!
- Include:
 - Menus
 - Productions Records
 - Recipes
- Meet:
 - HHKFA Meal Pattern Requirements
 - HHKFA Dietary Specifications
 - Gold Level of the HealthierUS School Challenge.






Speaking of Healthier Kansas Menus. *Healthier Kansas Menus* provide a variety of familiar and nutritious foods that students will love along with just enough new and unusual menu items to keep it interesting. Students will be introduced to good-tasting, healthy foods. Menus were well accepted by students in all grades when tested in both small and large schools.

Healthier Kansas Menus meet the HHKFA menu planning requirements as well as the dietary specifications when the menus, recipes, food specifications, production records and serving practices are followed. The nutrient analysis reflects all menu items that are available to students, excluding fruit choice and alternate entrée.

Featured on USDA Resource Website and through the National Food Service Management Institute. School Nutrition Consultants have provided new meal pattern training to _____, provided over 75 technical assistance visits so far this school year and presented at 15 Board of Education meetings!

Healthier Kansas Menus were also developed to meet the Gold Level of the Healthier US School Challenge. The Healthier Kansas Menus can be accessed on the KN-EAT website under School Nutrition Program, Guidance, Menu Planning, Healthier Kansas Menus.

Using the Healthier Kansas Menus are one easy way schools can meet the new meal pattern requirements for school year 2012-13!

Before the new lunch standards, high schoolers were typically offered 887 calories per lunch

But they only took 787 calories

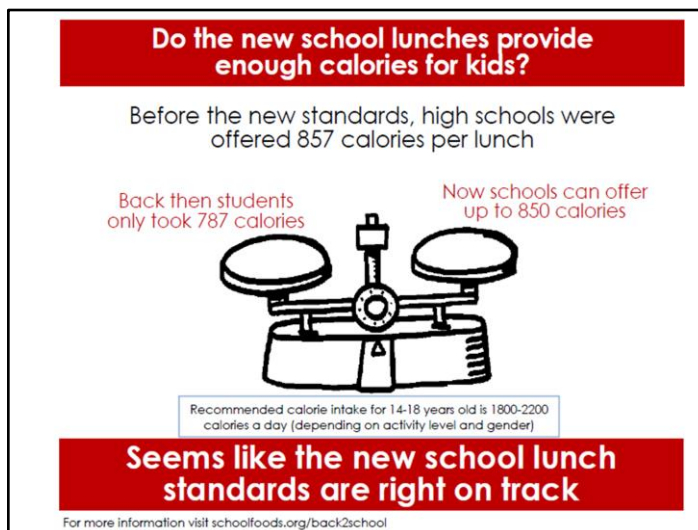
So, how is the 850 calorie maximum starving kids?

23 million children and teens are overweight or obese

The new school lunches offer more fruits, vegetables and whole grains, and less of things that contribute to poor health like saturated and trans fats and salt

Not all students are linebackers, we shouldn't feed them like they are





What will \$2.50 Buy?

School Lunch

- Hamburger
- Whole Grain Bun
- Catsup/Mustard
- Corn
- Fresh Fruit
- Skim or Low Fat Milk

Note: Unlimited Fruits & Vegetables are allowed.

Fast Food Restaurant

- Dollar Menu Burger
- Catsup/Mustard/Pickle
- Small Fries



Read from slide.

Discuss the value of a nutrient dense school lunch!









Changes Effective SY 2014-2015

- Fruit and vegetable components are separated out and there is only a fruit requirement- breakfast
- Fruit quantity to increase to 5 cups/week (minimum 1 cup/day)- breakfast
- All grains must be whole grain-rich- lunch & breakfast
- Target 1 for average weekly sodium limit- lunch & breakfast
 - Grades K-5 <540 B <1230 L
 - Grades 6-8 <600 B <1360 L
 - Grades 9-12 <640 B <1420 L
- Under “offer”, meals selected by students must contain ½ cup fruit (or vegetable if using substitution)-breakfast
- Weekly juice limit- breakfast



Effective in SY 2014-15, menu planners must plan menus to offer a minimum of 1 cup of fruit each day. All grains offered must be whole grain rich and the first sodium target must be met. For schools implementing offer, students must take ½ cup fruit plus full servings of two other components in order for the meal to be reimbursable and the weekly juice limit becomes effective.

Trainer Note: Additional Breakfast Changes:

SY 2017-2018.....Target 2 sodium restriction

- K-5 <485
- 6-8 <535
- 9-12 <570

SY 2022-2023.....Final Target sodium restriction


- K-5 <430
- 6-8 <470
- 9-12 <500

Smart Snacks in Schools Interim Final Rule

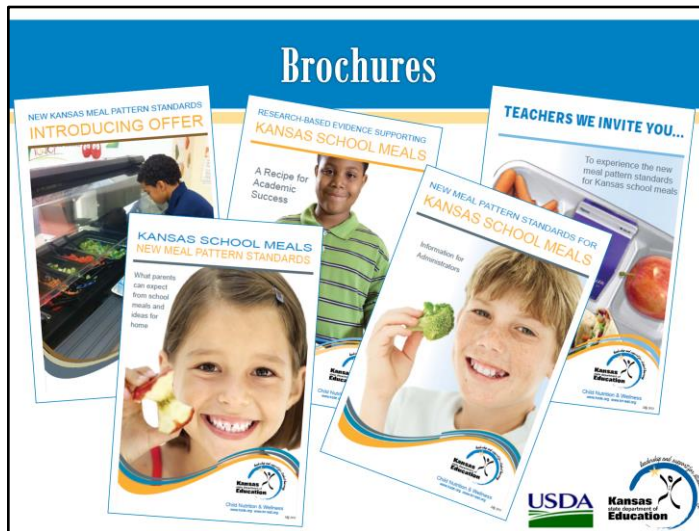
Effective SY 2014-15

- Practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day.
 - Nutrition Standards for Foods
 - Nutrition Standards for Beverages
 - Other Requirements
 - Fundraisers
 - Accompaniments

<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>



Review the Smart Snacks in School handout with the participants. Make sure they know that USDA is seeking comments on these standards through October 28, 2013. Training will be available at Leadership Forum , Leadership Connections Meetings this fall and at Spring Wellness Workshops.



KSDE has developed brochures to educate administrators, parents, teachers and students about the new meal pattern. The brochures are available at www.kn-eat.org, School Nutrition Programs, What's New.

Presentation for Council of Superintendents
 Brochures for Administrators, Teachers, Parents & Students
 Parent Letter
 Press Release to all Kansas media outlets
 Eat Smart Play Hard Video News
 Public Service Announcements



Sunflower Spotlight Success Stories from Kansas Schools- Wichita, Herrington, Rose Hill, Blue Valley.



Show Program Promotion Videos!